

Flu season strong in Cheyenne County

The flu season has arrived in Kansas and in St. Francis.

The Cheyenne County Hospital is asking only immediate family visit patients in the hospital.

"We are concerned for the safety of our patients, the staff and the community," Les Lacy, hospital administrator, said.

The Good Samaritan Village is also asking visitors with flu symptoms to please not come to the Village.

Rick Reeser, Village administrator, said so far, there had been only a few cases of flu within the facility and attributed the wellness to the fact that most of the patients and staff had been vaccinated.

The Kansas Department of Health and Environment is tracking Influenza across the state and have "sentinel sites" where providers report information regarding flu-like activity in patients coming to their medical practices.

Across Kansas, these physicians are now reporting sporadic influenza (flu) activity to the Centers for Disease Control and Prevention based on recent increased reports of influenza-like illness from sentinel site.

"It's still not too late to get the flu vaccine this year," said Dr. Howard Rodenberg, Kansas Department of Health and Environment Division of Health Director. "In Kansas, we typically see an increase in cases in January and that can continue into February and March."

Dr. Rodenberg noted the flu vaccine is about 80-percent effective in preventing illness from influenza virus. This means that it is possible to get flu after having the vaccine, however, when illness occurs symptoms are usually less severe and complications less frequent.

"The flu shot cannot cause the flu," said Dr. Gail Hansen, Kansas Department of Health and Environment State Epidemiologist. "And since the vaccine wears off and the circulating influenza viruses change over time, yearly vaccinations are recommended, especially

for those at high risk of complications."

People considered to be a high-risk in getting the flu are:

- People 50 years of age and older.
- Children ages 6 months to 59 months.
- Adults and children with chronic lung or heart disorders including heart disease or asthma.
- Pregnant women.
- Adults and children with chronic metabolic diseases (including diabetes), kidney diseases, blood disorders (such as sickle cell anemia), weakened immune systems (including persons with HIV/AIDS) or any condition that can compromise respiratory function or that increases the risk of aspiration.
- Children and teenagers, 6 months to 18 years of age, who take aspirin daily.
- Residents of nursing homes and other chronic-care facilities
- People who live with or care for people at high risk for influenza-related complications, including healthy household contacts and caregivers of children ages 0-59 months.
- Healthcare workers

"A critical component to help you prevent getting the flu or spreading the flu is hand washing," said Dr. Hansen. "We shouldn't overlook the value of this activity in preventing the spread of influenza. And we must take time to do it right. That means rubbing your hands together for 20 seconds under warm water with soap."

Steps the public can take to avoid catching or spreading the flu:

- Proper and frequent hand washing with soap and warm water.
- Stay home from school or work when sick.
- Cover the mouth and nose with a tissue when coughing or sneezing. If a tissue is not available, cough or sneeze into your upper sleeve, not your hands.
- Stay healthy: eat healthy foods, stay active, avoid tobacco products and get plenty of rest.



CITY CREWS were busy clearing snow-packed streets last week when approximately 7 inches of snow fell on top of ice, leaving streets dangerous for motorists. More snow is expected to fall later this week. Herald staff photo by Karen Krien

Development activities discussed

The rescheduled annual public meeting of the Cheyenne County Development Corporation was held Dec. 18 at the St. Francis Public Library. President Kim Zweygardt welcomed the board members and the public to the meeting. Other board members present were Lyle Knebel, Raedell Winston, Dan Carson, and Kari Gilliland. The board has openings for two members, preferably from the Bird City area. Coordinator Carol Redding was also present.

Mrs. Zweygardt discussed economic development activities and progress the Corporation made during 2006. She also discussed several talking points (included on the agenda) concerning goal setting, focusing efforts and collaborative efforts in the county.

The Cheyenne County Development Corporation will, therefore, be focusing its resources more specifically on economic development efforts in order to more fully serve the business communities. Included in the refocusing of efforts will be additional networking with sup-

porting organizations in the state.

Several accomplishments were noted, such as the county incentive plan that the Cheyenne County Development Corporation drafted and which the county commissioners approved at their May 31 meeting. It should be noted that the incentive plan will be revised to better address the county business and tax allocation needs.

The coordinator participated with five other trainers to present community development training, which 30 residents completed. The Corporation increased its visibility with Western Kansas Rural Economic Development Alliance (wKREDA) and listed businesses for sale in the county. Both Bird City and St. Francis links are listed on the Western Kansas Rural Economic Development Alliance website.

Members of the board participated in the Kansas Sampler at Garden City in May. The board continues to actively participate on the Western Prairie Resource Conservation and Development (RC&D)

county advisory board.

The coordinator and several other county residents participated in the HyperGrow Your Business seminar sponsored by the Small Business Development Center (SBDC). This seminar will be offered in Cheyenne County in January 2007.

Two new businesses, Hilltop General Store and Sainty Stitches, opened in 2006. A future small business received funding to open in 2007. Several other prospective business owners consulted the Cheyenne County Development Corporation for information and resources.

Basic goals for the CCDC are to direct the focus on economic development, and on working with other organizations with similar goals.

One goal for 2007 is to redirect advertising and promotions efforts for the county. The board will determine specific aspects early in 2007.

Another goal is to offer additional Department of Commerce information, including training for any

boards in the county and additional business resources. Other sources of business information are also available.

Cheyenne County is gathering information about joining the Ogallala Commons coalition that utilizes the Home Town Competitiveness (HTC) principles. The Corporation is involved in this process.

Board members approved the minutes of the Oct. 19, 2005, annual meeting and the summary of accomplishments. Members also approved the 2006 budget with the actual expenditures and approved the proposed 2007 budget. The coordinator's salary was raised to \$7.50 per hour.

Officers for 2007 are Kim Zweygardt, president; Raedell Winston, vice president; Kari Gilliland, secretary/treasurer. Carol Redding continues as coordinator.

Members of the public may direct questions to the Cheyenne County Development Corporation office at 107 W. Washington, or by calling (785) 332-3508.

Family holds open house for birthday

The family of Amelia Meyer welcomes relatives and friends to join her in the celebration of her 90th birthday. An open house will be held from 2 to 4 p.m. mountain standard time on Sunday, Jan. 7, at the Immanuel Lutheran Church, 10 miles north and 1 mile east of Bethune, Colo.

Let your presence be your only gift.

If unable to attend, cards may be sent to 40460 County Road EE, Bethune, CO 80805.



Meyer

Buy any large Hot Stuff Pizza and we will donate \$1.00 towards the purchase of New Community Benches

Happy New Year & Don't Drink & Drive

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New Year's Eve Teen Dance
Sun., Dec. 31
4-8 p.m.
DJ's: B&D
Cover Charge - Party Favors Included

Adult Dance
9 p.m.-1 a.m.
DJ: Ken Bowersox

BETH'S BAR & GRILL
Benkelman, Neb.

Happy 25th Anniversary
BENNIE & KATHY WEBER
Friday, Dec. 29
Cards may be sent to: P.O. Box 376;
St. Francis, KS 67756
Children: Lenny & Christy Weber, Winfield, KS;
Joyce & Craig Kerbs, Fort Morgan, CO; Mike & Dede, Akron, CO.
Grandchildren: Vanessa, Kyle, Levi & Amanda Weber;
Jeremy & Brandie Kerbs, Lacey Kerbs; Drew, Hailey & Elle Weber. Great-Grandchild Skye Tomlin

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JANUARY CONSULTANT SCHEDULE

Allergist	Jeffrey S. Rumblyrt, M.C.	Jan. 5
Audiologist	Sherril M. Beck, MA, CCC-A	
Cardiologist	Barry R. Smith, M.D.	Jan. 10, 24
Cardiologist	Vijay D. Subbarao, M.D.	Jan. 11
Counseling Services		Thursdays by Appt.
Dermatologist	Charles W. Ruggles	Jan. 4, 25
Dietitian	Sarah Linfon, RD, LD	Mon. thru Fri.
Ear, Nose, Throat	Alfred N. Carr, M.D.	Jan. 5, 19, 26
Endocrinologist	Gerald S. Poticha, M.D.	
Gastroenterologist	Jeffrey D. Huston, M.D.	Jan. 15, 16
General Surgeon	David D. Beck, M.D.	Jan. 11, 25
General Surgeon	Brigitta Robinson, M.D.	TBA
General Surgeon	Jeffrey S. Cross, M.D.	Jan. 4, 18,
Gynecology	Laura A. Rokosz, M.D.	Jan. 10, 24
Neurologist	Steven J. Gulevich, M.D.	Jan. 3, 5, 24
Obstetrics/Gynecology	David Forschner, M.D.	
Oncology/Hematology	Martin J. Rubinowitz, M.D.	Jan. 9,
Ophthalmologist	David S. Pfoff, M.D.	Jan. 2, 8, 16, 23, 30
Ophthalmologist	Brian C. Joondoph, M.D.	Jan. 17
Orthopedics	Dr. Armodios Hatzidakis, M.D.	Jan. 8
Orthopedics	Timothy Birney, M.E.	Jan. 15
Orthopedics	Rajesh Bazaz, M.D.	Jan. 15
Orthopedics	James C. Holmes, M.D.	Jan. 22
Orthopedics	Kevin Nagamani, M.D.	Jan. 10
Orthopedics	Edward H. Parks, M.D.	Jan. 29
Podiatry	David E. Ouderkirck, D.P.M.	
Psychiatrist	John C. Faul, M.D.	Jan. 5, 10, 19
Pulmonologist	Kenneth H. Weisiger, M.D.	
Radiologists	Professional Radiology	Weekdays
Rheumatologist	Karl T. Chambers, M.D.	Jan. 18
Speech Therapy	Lisa Paxton	By Appt. Only
Substance Abuse Dir.	Fred Waters, CADC III	Mondays
General Surgeon	Jeffrey S. Cross, M.D.	Jan. 4, 18
Urologist	Darrell D. Werth, M.D.	Jan. 30
Urologist	Dr. Wallace Curry, M.D.	Jan. 9

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presents its
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FREE CONCERT

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Wednesday, January 3

7:00 p.m.

St. Francis High School Auditorium

For more information call 785-332-3445

The York College Concert Choir is the Alumni Choir of Talley Morrow and Norman Morrow